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A YOUNG WINSTON CHURCHILL LOCKS HORNS WITH THE DETECTIVE IN THE LATEST SEASON OF MURDOCH MYSTERIES PAGE 14

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GAME ON

Henrik Sedin celebrates a goal against the Boston Bruins last January. Sedin and the rest of the Vancouver Canucks are returning to the ice after the NHL and the players' association reached a tentative pact early Sunday to end the lockout and salvage the rest of the season. For reaction from local fans and businesses, see page 3; for columnist Paul Sullivan's take, see page 13; for Canucks general manager Mike Gillis's discussion on what the end of the work stoppage means for the team, see page 3. ELSA/GETTY IMAGES

'An inspiration'

Ex-PM Paul Martin has words of high praise for Attawapiskat Chief Theresa Spence as her hunger strike nears the one-month mark PAGE 9

His inner fairy

One dad says he's willing to do almost anything to make his daughter laugh — and if that means donning fairy wings and a tiara, then so be it PAGE 16

A breakfast that'll have you waking up extra early

This four-step recipe will help you create a mouth-watering strata layered with mushrooms, spinach and sausage PAGE 17

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NEWS

Stressful period

Businesses breathe a sigh of relief

Aftab Hadi was about to close his sports store on Robson Street but changed his mind when he heard the news that the NHL lockout is finally over.

Hadi, the owner of Vancouver's Granville Sports Corner, said he already gave his employees a notice last week that if the lockout continued, he had no other choice but to close the Robson store by the end of the month.

But he changed his mind when a tentative deal to the 113-day NHL lockout was reached Sunday morning in New York.

"Unfortunately, because of the lockout, the last four, five months our sales have gone down by about 40 per cent," Hadi told Metro on Sunday. "That money I can never recover, but hopefully 2013 is going to be a better year for us."

He's putting the stressful period behind him, he added, and wants to focus on business returning to normal.

Now that the players and the NHL look to have settled their labour dispute, downtown bars and restaurants can breathe a sigh of relief.

Ian Tostenson, president and CEO of the B.C. Restaurant and Foodservices Association, said it's great news because the games will bring people out of their homes and encourage them to start spending.

"Bars have been hit harder. They're off 20 to 30 per cent because of hockey, and restaurants have been off 10 per cent in the downtown core because they weren't picking up revenue for those extra games," he said.

It's great news for employees as well, especially for students who look forward to extra hours, he added.

"It's just a great New Year's present for the hospitality industry to get this back on track," Tostenson said.

PHYLICIA TORREVILLAS/METRO

Pedestrians walk past Rogers Arena, home to the Vancouver Canucks NHL hockey team in Vancouver on Sunday. DARRYL DYCK/THE CANADIAN PRESS

Some hockey fans not so forgiving

Just Drop It pledge. Campaign asks people to boycott one NHL game for every one cancelled after Dec. 21

PHYLICIA TORREVILLAS
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Fans are glad that hockey's back, but don't expect them to welcome it with arms wide open.

Longtime Canucks fan Justine Galo had mixed feelings about the end of the lockout.

"I'm not really happy with the NHL or the (players' association), but it's good for the Canucks and the surrounding businesses because they've been punished more than anybody else," she said.

As a fan deprived of the sport she loves, Galo said she won't be buying any licensed NHL merchandise.

But given how the Canucks organization continued with its community outreach during the lockout, she said, the team's fanbase will probably be more forgiving than the others.

"Even the locked-out players were doing things for the fans to get them involved and to say 'We didn't forget about you,'" she said.

Steve Chase, who started a grassroots campaign called Just Drop It that encourages fans to drop everything hockey-related, called the news bittersweet.

"The sport we love is back, but all of us who committed to our pledge have to sit out for a while," he said.

Chase and the thousands who liked the group's Facebook page pledged to boycott one NHL game for every game cancelled after Dec. 21.

"Don't go running back: 'Yippee, it's over,'" he said. "I think fans need to be respected. It's a lot like a relationship. If your girlfriend or boyfriend treats you poorly, you shouldn't go running back with open arms. There should be some change."

But super-fan Dave "Towel Power Man" Preece hopes that people can put the lockout in the past and move on.

"At the end of the day, we got hockey now. Getting it now is a lot better than waiting until next September or October," he said.

In the doghouse

"I think fans need to be respected. It's a lot like a relationship. If your girlfriend or boyfriend treats you poorly, you shouldn't go running back with open arms. There should be some change."

Steve Chase, who started a grassroots campaign called Just Drop It that encourages fans to drop everything hockey-related

Canucks planning something special for fans: Gillis

Canucks general manager Mike Gillis says he knows a lot of fans have been unhappy with the lockout but he's hoping that Canucks Nation will still have the team's back.

"I'm hopeful that the fans here in Vancouver are going to continue with the great support they've given us and this team," Gillis told reporters in a conference call Sunday.

"I think they relate to our players very well and I think they relate to (an) ownership group that's prepared to pull out all the stops to win a Stanley Cup," he added. "I'm hopeful that that combination, as well as some specific things we're trying to plan for opening night — depending on when that is — and moving through the season.... We're going to try and entertain hockey fans here in Vancouver as best we can."

Mike Gillis GETTY IMAGES

Gillis confirmed season- ticket cancellations but wouldn't comment on specific numbers or provide an estimate.

"It's not a significant amount, but it's an indication some fans weren't happy with the process," he said.

But the Canucks organization is planning something special to show its appreciation for the fans, Gillis said.

"We do have a lot of plans," he added. "I'd like to keep them to ourselves so that people will be excited and energized and fully supportive of the team."

PHYLICIA TORREVILLAS/METRO
WITH FILES FROM CAM TUCKER

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Liberal leadership: Will it be Marc Garneau's final frontier?

Race to be new leader. Former astronaut won't compare himself to Justin Trudeau, but says his experience sets him apart from other candidates

EMILY JACKSON
emily.jackson@metronews.ca

Marc Garneau orbited the world more than 400 times as Canada's first astronaut, but these days he's travelling closer to home in his bid for the Liberal party's leadership.

The former navy captain's cross-country campaign tour took him to Vancouver's Science World on Sunday, where more than 100 people listened to him speak about his experience in space.

While he wouldn't directly compare himself to Justin Trudeau, widely seen as the frontrunner, it's his experience holding leadership positions that sets him apart from the other Liberal candidates, Garneau said in an interview with Metro.

His track record in the navy, as president of the Canada Space Agency and in Parliament make him the best candidate to beat Prime Minister Stephen Harper and NDP Leader Tom Mulcair, the Quebec native said.

To B.C. residents who might be drawn to local candidate MP Joyce Murray, Garneau said he cares deeply about the environment and will make all his decisions based on science.

"I recognize that the centre of gravity, the economic engine of this country, has shifted to the West," Garneau said, adding that the economy would be his top priority.

Like Murray, he does not support the closing of the Kitsilano Coast Guard.

On the Northern Gateway pipeline, however, he will wait for the National Energy Board to make a decision based on the "best science available." It's also important to listen to the concerns of First Nations, he said.

"If it doesn't work, it doesn't work," he said. "And maybe some other ways of doing it more safely in a way that would be acceptable to First Nations, that would lower the environmental risk, those should be looked at if Northern Gateway is not acceptable."

Liberals will vote for a leader on April 14.

Credentials

Garneau's long list of laurels:

- First Canadian astronaut to go to space
- Doctorate in electrical engineering from London, England's Imperial College of Science and Technology
- Captain in the navy
- Companion of the Order of Canada
- President of the Canadian Space Agency
- Chancellor of Carleton University in Ottawa
- Member of Ontario's executive committee on transboundary air pollution
- Member of Canada's Aviation Hall of Fame
- Board member of Calgary-based UTS Energy Corporation
- Board member of College of Family Physicia ns of Canada

Liberal leadership candidate Marc Garneau — the first Canadian astronaut to go to space — at Science World in Vancouver on Sunday.
EMILY JACKSON/METRO

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Investigation. Woman shot in Richmond tattoo parlour

A shooting at a Richmond tattoo parlour sent one woman to hospital over the weekend.

Multiple shots were fired at Floating World Tattoo shop at 8388 Capstan Way on Friday around 8 p.m., according to Richmond RCMP.

The suspect or suspects had fled by the time police arrived at the scene. The woman was transported to hospital with non-life-threatening injuries.

Richmond RCMP's serious crimes unit is in the early stages of its investigation. It's not yet clear why the incident occurred.

The tattoo shop did not answer calls on Sunday. According to its website, three tattoo artists regularly operate out of the shop in the Union Square strip mall, along with one guest artist.

Police ask anyone with information to call RCMP at 604-278-1212 or Crime Stoppers at 1-800-222-8477.

EMILY JACKSON/METRO

Auditor general

Committee seeks Doyle replacement

The B.C. government is searching for a replacement for auditor general John Doyle, whose six-year term is set to end later this year.

A special legislative committee in charge of the auditor general's appointment has taken out newspaper advertisements seeking candidates for auditor general, with a deadline of Jan. 25.

THE CANADIAN PRESS

$3.5M jackpot

PoCo woman 2013's first 6-49 winner

A woman from Port Coquitlam is the first Lotto 6-49 winner of the year.

The B.C. Lottery Corporation says Jessica Williams matched all six numbers for Wednesday's draw, winning a $3.5-million jackpot.

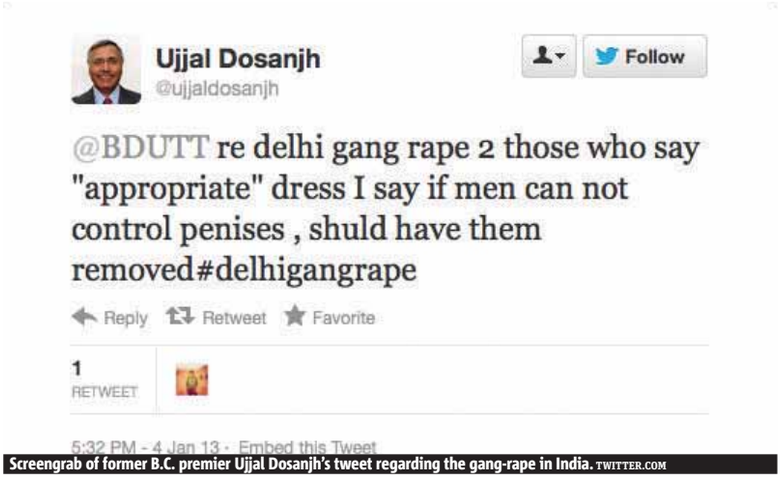
Williams says she checked the numbers at a gas station the next day, and then sat in her car and cried.

THE CANADIAN PRESS

Dosanjh tweets about castration after Delhi rape

Reaction to student's murder. Ex-premier, MP says he deliberately used extreme language to highlight absurdity of blaming victims

EMILY JACKSON
emily.jackson@metronews.ca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Screengrab of former B.C. premier Ujjal Dosanjh's tweet regarding the gang-rape in India. TWITTER.COM

Former B.C. premier and MP Ujjal Dosanjh added his voice to the outrage over the brutal gang-rape and murder in India, tweeting that men who can't control their penises should have them removed.

Dosanjh sent a series of tweets calling for castration Friday to make a point about how "ludicrous" it is to blame rape on women's clothing choices.

"Re Delhi gang rape some say women shud (sic) dress 'appropriately'. I say if men can not control penises, have them removed," Dosanjh said on Twitter.

Dosanjh deliberately used the extreme language to highlight the absurdity of blaming a woman if she is raped, but he doesn't actually support forcible castration or the death penalty, he said in an interview with Metro.

"It was revolting to hear people in different parts of the world and different parts of India talking about how women can avoid rape if they dress differently or don't go out late at night," he said. "Rape is perpetrated by men — it's not something that a woman ever invites upon herself."

His comments came days after a 23-year-old medical student, raped by six men in Delhi on her way home from the movies, died from extensive organ and brain injuries.

Thousands have taken to India's streets in protest since the deadly rape, which led to murder charges against five men. Citizens are furious about sexual violence against women and the lack of government response.

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Finding bright points in the grey

Cyclists ride through Stanley Park as rain falls in Vancouver on Sunday. Environment Canada is calling for more rain for the first three days of this week, with sunshine returning on Thursday. DARRYL DYCK/THE CANADIAN PRESS

B.C.'s big oil-export plans under review by U.S. Coast Guard

Too close for comfort. Increased tanker traffic could lead to oil spills that will threaten Washington's coastal economy: U.S. senator

Concerns south of the border over oil-tanker traffic from British Columbia have spurred a U.S. Coast Guard review of proposed increases in Canadian oil exports.

A legislative amendment proposed by Washington state Sen. Maria Cantwell and signed into law by President Barack Obama a couple of weeks ago gives the U.S. marine-safety agency six months to conduct a risk assessment of the planned expansion of oil-pipeline capacity to the West Coast.

While several proposed projects would see oil from the Alberta oilsands brought to the B.C. coast for export primarily to China, the legislation deals specifically with tanker traffic out of the Vancouver area.

"According to reports, Canada is poised to increase oil tanker traffic through the waters around the San Juan Islands and the Juan de Fuca by up to 300 per cent," said a statement issued by Cantwell's office.

"A supertanker oil spill near our shores would threaten Washington state's thriving coastal economy and thousands of jobs," the Democratic senator said in the statement. "This bill will provide crucial information for Washington coastal communities by requiring a detailed risk analysis."

The coast guard will study the risk of transporting oil via supertanker, tanker and barge through the Salish Sea waterways, which encompasses U.S. and Canadian territorial waters between southern Vancouver Island and the mainland. It includes Juan de Fuca Strait, the Strait of Georgia, Haro and Rosario Straits and Puget Sound.

In order for ships to arrive at port in Vancouver, they usually sail through U.S. waters next to a national marine sanctuary. **THE CANADIAN PRESS**

Toxicity

The coast guard will examine which rules and regulations apply to oil tankers heading to B.C. ports, as well as analyze the toxicity of what is referred to in the legislation as "tar sands" oil — a derogatory moniker much opposed by the Canadian industry.

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Naval ships. Troubled program could spark political fire for Harper

The navy's long-delayed joint support ship program is expected to come under the political microscope within weeks in what is likely another defence equipment embarrassment for the Harper government.

The parliamentary budget officer has been examining the program and is poised to release his findings once MPs return from their holiday break.

Kevin Page's incendiary analysis of the F-35 fighter jet program sparked a raging political fire that continues to burn.

Now, documents obtained by The Canadian Press under access-to-information laws offer a glimpse of a troubled ship program set to deliver less capable vessels than originally envisioned.

The program to replace the navy's nearly 45-year-old supply ships with three new vessels was originally announced by Paul Martin's Liberals in 2004, but embraced by Stephen Harper's Conservatives when they assumed power two years later.

But the Conservatives cancelled the plan in 2008, claiming that the bids were not compliant and, perhaps most importantly, that they exceeded the budget envelope.

What followed, according to the series of internal briefings, was a drastic scaling back of the navy's design concept, overseen by senior civilian defence and political officials. THE CANADIAN PRESS

Less for more

The $2.6-billion program relaunched in 2010 is expected to deliver two, maybe three, ships.

- But with the program delayed until 2018 and accounting for inflation, it will likely cost taxpayers more than if the government had stuck with the original plan.
- The new proposal will see the joint ships carry fewer helicopters and drastically less cargo, with no space for a joint mission headquarters or a full-fledged hospital, as mandated in the original concept.

To Russia, with love and money

French actor Gerard Depardieu, left, greets Russian President Vladimir Putin after his arrival Saturday at the president's residence in Sochi, the host city of the 2014 Winter Olympics. Depardieu has received a Russian passport after flying to Russia for a late-night dinner with Putin. Depardieu sought Russian citizenship as part of his battle against a proposed super-tax on millionaires in France, and Putin granted his request last week.

MIKHAIL KLIMENTYEV/THE ASSOCIATED PRESS

Request for troops?

African Union chair to meet with Harper

The head of the African Union is set to visit Ottawa this week.

Thomas Boni Yayi's meeting with Prime Minister Stephen Harper could bring a request for Canadian troops to be involved in an international mission in Mali.

The United Nations Security Council backed a proposal in December to send an African-led force of 3,300 soldiers into the country. THE CANADIAN PRESS

Alleged assault

Police look for suspects after cabbie robbed

Police in St. Thomas, Ont., are looking for two suspects after a female taxi driver was assaulted, robbed and left tied to playground equipment early Sunday. She was taken to hospital for minor facial wounds and has since been released. THE CANADIAN PRESS

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Iran seeks 'special' investigation into death of jailed blogger

Sattar Beheshti.
Parliamentary group in Iran looks for answers after death of blogger causes controversy over power of web watchers

A powerful group in Iran's parliament called Sunday for expanded investigations into the death of a jailed blogger in a case that has already brought down the chief of the Internet-monitoring police and opened rare public debates over the growing powers of the country's web watchers.

While the blogger, Sattar Beheshti, was not the first suspected opposition activist to die in Iranian custody — and bring international condemnation on Iran — the fallout since November has taken an added toll by exposing apparent conflicts between regular security networks and the widening clout of the cyber-police.

Iran's leaders have placed a top priority on efforts to stamp out online dissent and fight the so-called "soft war" against perceived Western influence via the Internet. The web remains highly filtered in Iran, but blocks are often bypassed by the country's educated and tech-savvy population.

THE ASSOCIATED PRESS

Death

The death of Sattar Beheshti has put Iran's Internet-monitoring police under scrutiny.

- **Investigation.** A statement read Sunday on behalf of the parliament's Committee on National Security and Foreign Policy called for a "special" investigation into the death.
- **Another probe?** It was not immediately clear what kind of added probe could occur since prosecutors already have opened an investigation into the case.

Iranians surf the web in an Internet café at a shopping centre in central Tehran on Sunday. Iran's leaders have placed a top priority on efforts to stamp out online dissent. VAHID SALEMI/THE ASSOCIATED PRESS

New software

Iran cracking down on social networking

Iran's police chief says the Islamic Republic is developing new software to control social networking sites.

Gen. Esmail Ahmadi Moghadam was quoted in Iranian newspapers Saturday as saying the new software will prevent Iranians from being exposed to malicious content online while allowing users to enjoy the benefits of the Internet. He did not say when the software would be introduced.

Moghadam also did not specify which social networking sites would be affected, but both Facebook and Twitter are popular in Iran. THE ASSOCIATED PRESS

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Official name now 'State of Palestine': Abbas

Intent. Leader's office says the name change is aimed at enhancing Palestinian 'sovereignty on the ground'

Palestinian President Mahmoud Abbas has ordered his government to change the name of the Palestinian Authority to 'State of Palestine'.
ABED AL HASHLAMOUN-POOL/GETTY IMAGES FILE

The Palestinian president has ordered his government to officially change the name of the Palestinian Authority to "State of Palestine."

The move follows the November decision by the United Nations to upgrade the Palestinians' status to that of a "non-member observer state."

President Mahmoud Abbas said Sunday that all official Palestinian stamps, stationery and documents will now bear the new name.

A statement from his office said the move was aimed at enhancing Palestinian "sovereignty on the ground" and was a step on the way to "real independence."

Currently, Israel controls most of the West Bank. Israel objected to the Palestinian statehood bid at the UN, calling it a unilateral step aimed at bypassing direct peace negotiations. Abbas denied that.

Israel had no comment Sunday.

THE ASSOCIATED PRESS

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Plastic $20 bill sticks in vending industry's craw

Dispensing dispute. Machine owners say Bank of Canada didn't give them enough lead time to convert scanners

Thousands of vending machines still can't digest those plastic $20 bank notes the government released two months ago, with machine owners blaming the Bank of Canada for their problems.

As many as half a million machines that scan bank notes needed reprogramming to accept the radically redesigned $20 bills, the most popular denomination in Canada. Some 145 million polymer $20 notes have been put into circulation since Nov. 7.

Kim Lockie has been converting his 1,200 machines in Fort McMurray, Alta., full-time for two months, but still has about 300 to go. "I would think less than half the machines in Canada would accept this bill right now," says Lockie, an official with the Canadian Automatic Merchandising Association. "As a small business, I am losing money."

Lockie says the Bank of Canada failed to heed three years of warnings from owners that they needed a long lead time to recalibrate their vending machines. The Bank of Canada rejects the criticisms, saying its officials have worked closely with the sector. THE CANADIAN PRESS

Quoted

"The Bank of Canada didn't really even talk to us in the last three years. It seems like they have no desire to work with us ... Tough luck for our industry."

Kim Lockie, an official with the Canadian Automatic Merchandising Association

The new Canadian $20 bill is part of a series of plastic notes intended to last longer and be more challenging to counterfeit. By one estimate, less than half the vending machines in the country are currently programmed to accept the new $20 bill. BANK OF CANADA/THE CANADIAN PRESS

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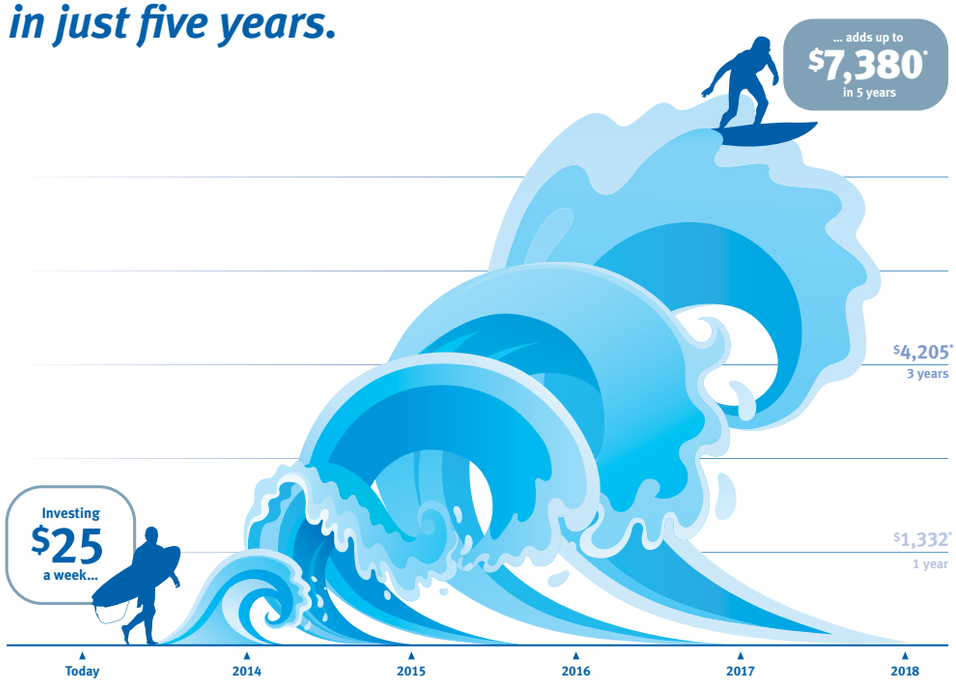

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Detroit. Chevy Sonic symbolizes industry's surprise comeback

When the word reached the Orion Assembly Plant, it spread along the serpentine assembly line like news of a death or natural disaster: General Motors, the biggest automaker in the world, had filed for bankruptcy protection.

On that grim day in 2009, Chevrolet and Pontiac sedans kept rolling down the line. And 1,700 worried workers stayed at their stations even as GM announced it would close the Michigan plant in a desperate bid to survive.

But the workers didn't know they were witnessing the opening act of one of the greatest recovery stories in American business.

Nearly four years later, Chevrolets are still moving down the assembly line under the 82-acre roof. The plant now builds the Sonic, the bestselling subcompact car in the nation. It's a vehicle no one thought could be made profitably in the U.S., by a company that few people thought would last.

But GM has not only survived, it has earned $16 billion US in profits in the past three years. And the industry is on track to make this year its best year since 2007. THE ASSOCIATED PRESS

By the numbers

790,000

U.S. automakers have made a remarkable recovery. Nearly 790,000 people now have jobs building cars, trucks and parts, up 27 per cent from the dark days of 2009.

Alaska

Shell will attempt to tow grounded oil-drilling ship

Royal Dutch Shell PLC will try to move its grounded drill ship out of the worst of the North Pacific's fury with a towing attempt when conditions allow.

Shell incident commander Sean Churchfield said at a news conference Saturday that naval architects have pronounced the Kulluk fit to be towed. The attempt will depend on weather, tides and readiness, he said.

"I can't offer you firm times. Right now, the preparation for the tow depends on the weather and operational constraints," Churchfield said. "We will be looking to move the vessel as soon as we are ready and able." THE ASSOCIATED PRESS

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LORD LOVE A PUCK! IT'S BACK

URBAN COMPASS
Paul Sullivan
vancouver@metronews.ca

The darkest hour is just before dawn. And boy, was it dark.

Canada's junior hockey team had just finished out of the medals at the world juniors for the first time since 1998, and the long hockeyless winter stretched before us.

Fans tried to throw their hockey jerseys onto the bonfire of vengeance, but they'd had them on so long, they couldn't get them off.

Tired of insulting NHL commissioner Gary Bettman or reporting on another 4th-line winger signed to play in the Bosnian semi-pro league, hockey journalists wandered around the sports beat trying to write about curling or cross-country skiing but it wasn't pretty.

Then, just in time to salvage a 48-50 game season, the NHL and the NHL Players' Association struck a deal.

There will be hockey after all. Lucky 2013.

Going into the weekend, the prospect seemed more remote than a sunny day and now it looks as if the Canucks will play their first home game of the 2012-13 season on Jan. 21 when they entertain the Anaheim Ducks.

Fickle fandom

Don't worry, no one took you seriously when you swore off hockey for life and laid a curse on the billionaires and millionaires — also known as team owners and players — who ruined your life.

Lockout? What lockout?

Don't worry, no one took you seriously when you swore off hockey for life and laid a curse on the billionaires and millionaires — also known as team owners and players — who ruined your life.

Of course, the 10-year agreement will be scrutinized more intently than the Dead Sea Scrolls, but what do you care? After a 113-day lockout, the actual agreement comes as an anti-climax. Rest assured that Prairie boys blessed with an inexplicable talent for pushing a puck around a frozen surface will continue to become instant multi-millionaires.

The rest of us will continue to pay a king's ransom to sit in the nosebleed section of Rogers Arena, enjoy a warm beer and cold hot dog and then line up to go the bathroom, missing the winning goal.

No matter how much it abuses the fans, the NHL is a winning formula, at least where's there's winter. Just ask Canucks owner Francesco Aquilini, for example, whose string of sellouts will resume unbroken this month at 407 games. It started in 2002 and has already survived one labour dispute (in 2004-05), so there's no reason to expect a much-threatened fan boycott will amount to anything.

And when the Canucks make the playoffs sometime next summer, no one will care about the quality of the beverage or that the season was cut in half or that Gary Bettman is the worst thing to happen to hockey since the Fox Network's lurid glowing puck.

All they'll care about is hockey, glorious hockey.

Until the next lockout, scheduled for some time in 2022.

Lupine loner

My, what a big following you have, Mr. Wolf

He doesn't like busy Interstate 5 or eating cattle, at least so far. He gets along with his distant cousins the coyotes, likes to swim and roams a lot — an awful lot — around the northernmost reaches of California.

A week or so ago, California's lone grey wolf passed his one-year anniversary as a transplant resident with the same technical accoutrements some people possess: A Twitter account and an online site about his travels.

"What strikes me about him is that when I talk to the general public, they show remarkable knowledge about his movements, much more than some world events," said Richard Callas, a senior environmental scientist with the California Department of Fish and Wildlife.

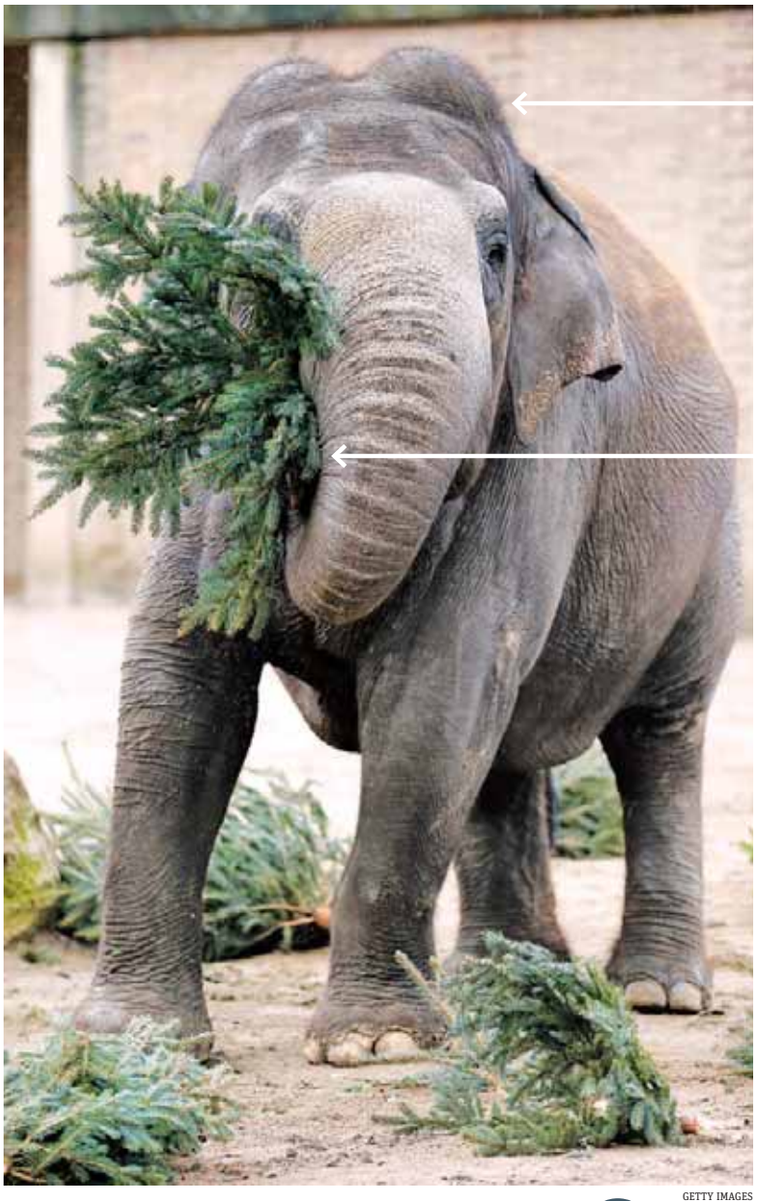
"No matter how you feel about wolves, when you see one it's amazing," he added.

California's wolf trotted 1,600 kilometres from northeast Oregon to California, then more than 3,200 kilometres since arriving.

Scientists speculate he's looking for a mate or a new pack, though they know both prospects are remote.

THE ASSOCIATED PRESS

He's got room for leftovers!



GETTY IMAGES

Post-seasonal feast

Elephants eat up Christmas trees

Elephants at the Berlin Zoo finally got their trunks on Christmas dinner: A clump of unsold pine trees. Pachyderms young and old played with the plants Friday, before devouring them after catching the trees' strong smell. One elephant ate more than 150 kilograms of trees in one sitting. METRO WORLD NEWS

Gentle diners

"They don't just poke the tree into their mouths.... They gently pluck the branches."

Berlin Zoo elephant keeper Ragnar Kuehne

Pine-tuned recycling

MissileToe rocket is a real cracker

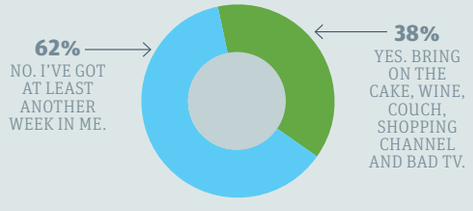
Feeding elephants is not the only way to get rid of unwanted festive trees. A team of U.S. inventors recycled a Christmas tree by turning it into a rocket. The "XMS MissileToe" comprises one tree, 32 rocket engines powered by a car battery, baubles and a star ornament. METRO WORLD NEWS

A screengrab of the Christmas tree rocket. YOUTUBE/ROCKETCHRISTMASTREE

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Have you already given up on your New Year's resolution?



Twitter

@katelesstodd: woke up at noon & hockey's back.. i should sleep in more often!! #Canucks

@416to905: And luongo is trending in canada. #nhl is back n the gossip trade machine is running on full power. #leafs #Canucks

@DarleneW1019: Glad that the #NHL lockout is over ... Don't know how I feel about a half season though #indecisive #Canucks #love #forever

@BeckzMakeup: So excited to pull out my pink #Canucks tshirt and run around screaming GOCANUCKS GO!!! #tweak #twerk omg

@celticfire99: Besides the #Canucks schedule, I guess the big question is what's going on with Luongo? @strombone1

metro

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SCENE 2

Howes teams with Murdoch for a Churchill whodunit

Guest appearance.
Downton Abbey actor plays a pre-PM Winnie who finds himself in trouble in Toronto

ANNE BRODIE
scene@metronews.ca

Thomas Howes, left, guest stars on Murdoch Mysteries next Monday. SHANE MAHOOD

Watch

Murdoch Mysteries premieres on CBC Television tonight. The episode featuring Thomas Howes airs Monday, Jan. 14 at 9 p.m.

Downton Abbey's new season is now airing Sunday nights on PBS. Vision is currently airing Season 1 on Wednesdays. It will air Season 2 starting in February and Season 3 in April.

Winston Churchill in Toronto under arrest for murder following a blind, drunken night on the town? Could it be? He often visited the city, which pays tribute to him in school names, memorials, statues and academic societies.

Ryerson's Life Institute offers courses on his remarkable life. CBC's Murdoch Mysteries has him walking our streets once again, played by another familiar Englishman: Thomas Howes, Downton Abbey's ill-fated second footman William Mason. But murder? We visited Howes on the north Toronto set:

What kind of man is your Churchill?
Churchill is a young man, very active, tall and he's just had the Battle of Omdurman and the war of the Boers and it's been a very active time in his life.

We start in 1909 when he's doing these lecture tours in Britain and the States and Toronto. And that's where we find him, with Murdoch. It's turning into the new century, 1900, described as The Hangover of the 1900s.

He has no memory of the night before. But we find him drugged in this hotel room with the dead body of his best friend and he goes around with Murdoch trying to recall the memories he's lost and recall whodunit because it looks like it could be him.

So he's trying to piece together the answer to the mystery.

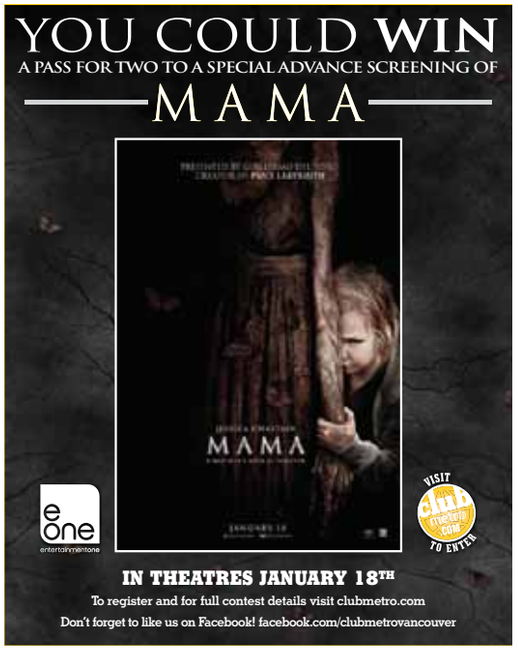
You are covered in (fake) blood as we speak. Doesn't look good for Churchill.
Well that you'll have to wait to find out why because it could be he killed this guy or it might be some other reason, but he's got the fellow's blood all over his hands.

I understand there was some drunken swordplay.
We had a great day yesterday (on Murdoch) because Emmanuel, who plays Al, and I wanted to do our sword fighting scene ourselves.

We didn't think we'd be allowed to but we were. They got shots with professionals doing some key bits of the sword fighting, but everything else they let us do ourselves! There is going to be a lot of us in the thick of it.

Ever since drama school, I've been falling down trap doors, hanging on ropes, football, which I'm no good at, running around the trenches with guns and now sword-fighting. But I love all that. I really do. I relish it. I always get the stunts. They always give me stuff that should be done by dashing young hero types, but they love to see me in those situations.

Downton Abbey's given you a big career boost. How has it changed things?
It has. I have credits before this, but they were all stage. I wasn't sure if I would ever do anything on telly, but Downton came along and recently it's all been screen work. I'm juggling both at the moment. It did me a huge favour. A lot of the offers I get now are just off the back of that and I probably only got Murdoch Mysteries because of Downton, because it's quite popular here too. It was big in Britain and huge in the U.S. and here.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Russell Crowe unfazed by Lambert's criticism

Russell Crowe knows how to handle criticism, especially when it comes to his singing in Les Miserables.

Singer Adam Lambert took to Twitter to complain about the film, posting that it "suffered massively (because of) great actors pretending to be singers."

But apparently there are no hard feelings, as Crowe himself posted as much to Twitter.

"I don't disagree with Adam. Sure it could have been sweetened, (director Tom) Hooper wanted it raw and real, that's how it was."

Russell Crowe.

Jessica Chastain stars in Zero Dark Thirty.

Chastain in love with movies, not movie stars

As Zero Dark Thirty star Jessica Chastain's fame increases, don't expect her to become part of a Hollywood couple.

"I have dated an actor before, at Juilliard, but since then, I've only been on a couple of dates with one and I was so freaked out someone was going to take a picture of us, because they were famous," she tells InStyle.

Of course, it wasn't just the potential for paparazzi that got to her.

"I realized I wanted just to be able to hang out with someone, and I didn't want to talk about the business, first of all," she says.

"I love movies. But I love talking about them like when I was 15 years old. I'm a film fan, but I don't want to talk about auditions or what movie I'm gonna do. I find that so boring."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Celebrities who have had a rough start to 2013

THE WORD
Dorothy Robinson
scene@metronews.ca

January is shaping up to be a bad month for these stars.

Is it the weather? The new year? Holiday hangovers? Seasonal effective disorder? Whatever it is, something is happening this month with celebrities and the law.

Over the weekend, TMZ.com posted photos of Justin Bieber smoking what appears to be marijuana. But the singer is trying to take the controversy in stride.

"Everyday growing and learning. Trying to be better. (You) get knocked down, (you) get up," Bieber posted to his fans on Twitter. "Back on tour tomorrow. Ready to see (you) all smile. Time to do what I'm supposed to be doing. Performing."

Josh Brolin, who is no stranger to getting into trouble in bars while drinking, was arrested at 11:30 p.m. on Jan. 1 for public intoxication outside a Santa Monica, Calif., bar, according to E! News.

"He was intoxicated and unable to care for himself," a police spokesman says. "He was booked and released with no further action pending." If his mugshot is any indication, Brolin wasn't too thrilled about the ordeal.

Criminal Minds and Dharma & Greg star Thomas Gibson was arrested Sunday morning for suspicion of a DUI, TMZ reports.

Gibson attempted to drive through a part of downtown Los Angeles that had been sectioned off for a half marathon; he was told he couldn't drive through, but he did anyway.

None to happy about being ignored, the police caught up with him and smelled booze in the car. The actor refused to take a breathalyzer test, but was arrested on suspicion of DUI anyway and taken into custody.

Lance Armstrong lost his seven Tour de France titles. ALL PHOTOS GETTY IMAGES

Armstrong considering confessing to doping allegations?

Lance Armstrong is reportedly considering making a full confession about the performance-enhancing drug use allegations that resulted in him losing his seven Tour de France titles, according to the New York Times.

A confession could mean his lifetime ban from sports sanctioned by the World Anti-Doping Agency would be lifted, and Armstrong has been eager to return to cycling and compete in triathlons and other athletic events.

But reps for the athlete insist there's nothing to the reports.

"When, and if, Lance has something to say, there won't be any secret about it," his attorney tells The Associated Press.

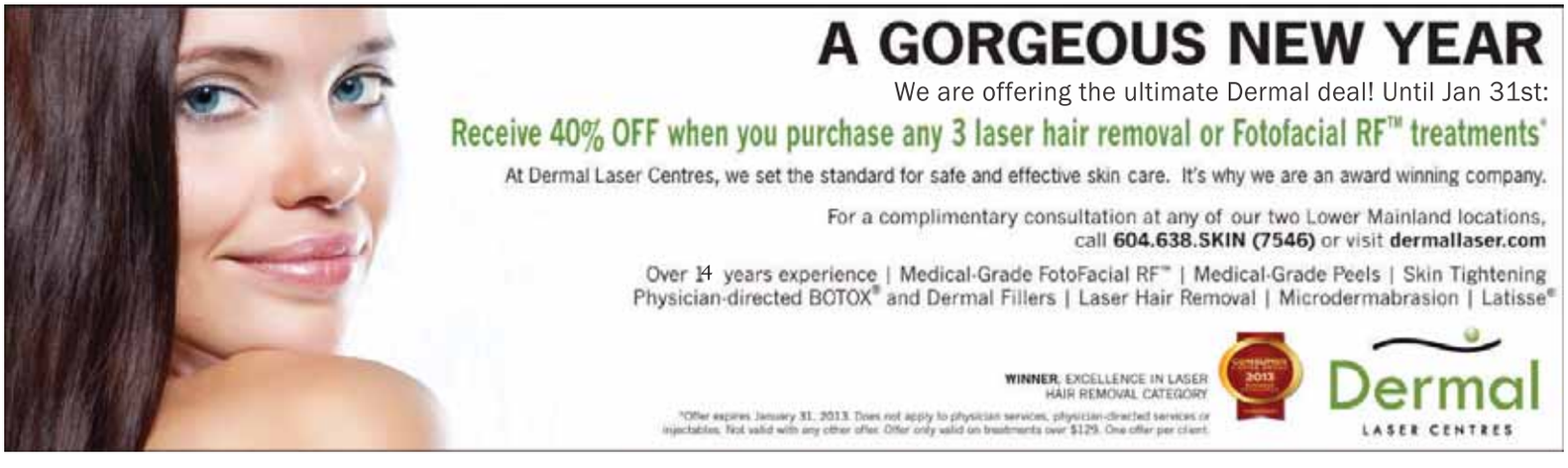
Twitter

@Pink
Bikram yoga kicked my entire ass today. At one point I almost hit the panic button. #amateur

@ElizabethHurley
When people say it's a 'good wicket'....do they mean for the batsmen or bowlers? Confused.....

@billmaher
Looks like Obama's keeping Gitmo, they just can't close it- its the Olive Garden of prisons; it gets terrible reviews but somehow stays open

@kevin_nealon
I wouldn't mind paying the government more taxes but I know they're just gonna spend it on booze.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Dermal
LASER CENTRES

Mommy trend

Ultrasound party

It seems we're always on the lookout for a novel way to celebrate the arrival of a baby — the latest of which is the ultrasound party. Your family and friends huddle around, drinks in hand, while the mom-to-be gets her belly squirted with jelly by the ultrasound tech.

But though the trend is gaining momentum, it's not for everyone. And, of course, there are unanticipated risks. Say the machine fails to detect a fetal heartbeat? After all, the whole purpose of ultrasounds is to detect abnormalities—they weren't created for the sake of entertainment.

JULIE M. GREEN OF YUMMYMUMMYCLUB.CA

Organize

Keep those water bottles straight!

Our water bottles always get mixed up on family outings.

Names written on the label always rubbed off, so we devised a way to keep them straight. It's simple!

Buy a package of plain multi-coloured hair elastics.

Each family member gets a specific colour.

The bands fit nicely around the water bottle and works even if the bottle is put in the freezer.

This way, nobody gets the cooties by accidentally drinking from her brother's or sister's or mom's water bottle.

EDITH HILLER OF YUMMYMUMMYCLUB.CA

Exclusively online

- **Uh oh.** Mommy's fridge and your diaper drawer are running on empty, which means it's time for the dreaded trip to the local supermarket. Follow along with the comedic (mis)adventures of mommyhood with Reasons Mommy Drinks online at metronews.ca/voices.

I am a beautiful princess...

Daddy-daughter time. One father explains why tiaras and fairy wings are teaching his daughter a very important life lesson

JOE BOUGHNER
Metro World News

One dad is using dress-up time with his daughter to teach her acceptance. ISTOCK

Why, yes, I am a beautiful princess. Thank you for noticing.

The list of reasons to explain how I found myself dancing around the living room, sporting fairy wings, a tiara and a wand the other night is a long and varied one. My willingness to do almost anything to make my daughter laugh is, admittedly, chief among them. My desire to seize upon any opportunity to reinforce the importance of sharing is too (we've been struggling with sharing lately, so when she offered to share her tiara, who was I to say no?).

In fact, if I'm being honest, the chance to engage in a little gender-bending play, thus normalizing the sight of a man doing a typically girly thing, was nowhere near the top of my mind as we bounced and laughed and sang along to Toopy and Binoo Christmas carols. But the more I think about stuff like this, the more important it seems.

It seems — in a lot of ways — girls have it easier when it comes to going against gender norms. Girls doing "boy" things — playing in the dirt, enjoying science, etc. — are a common sight these days. Boys doing "girl" things, though? That's another story.

So, while we may have gotten off the hook with our daughter in this respect (don't worry, there are plenty of other reasons to be terrified of parenting a girl instead of a boy), I still feel something of an obligation to make sure that my daughter isn't part of the problem, should a boy in her class or peer group be inclined to wear nail polish or take ballet.

My kid is smart and sweet and sensitive, but, then again, so was I. And even if I didn't grow up picking on and teasing the boy who took dance or the other one who did gymnastics, I wasn't really rushing to their defence or even hanging out with them, either. Because, to me, it was just weird. Picking dance over hockey was weird. Picking gymnastics over basketball was weird.

I didn't accept it, I tolerated it. Frankly, that's not enough. Tolerance suggests there's something outside the norm that one has to tolerate. I don't want my daughter to tolerate this sort of thing, I want her to grow up oblivious as to why something as inconsequential as a boy wanting to wear a dress would ever even be an issue to anyone.

I'm not delusional here. I don't for a second believe that my willingness to wear fairy wings and a tiara will magically erase stupid biases and preconceived notions of appropriate play for boys and girls for an entire generation. Hell, I don't even believe it will have that effect on my daughter. There are still way too many people and products out there reinforcing gender expectations.

But I do believe that every little bit helps. So, if my kid asks me to wear a tiara, I'll wear the tiara.

And, frankly, I think I pull it off. YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD

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Tasty layers of mushrooms, spinach and sausage in strata

Also called a "wife saver" (or a "husband saver" in some families), this make-ahead dish is a great way to start the morning. Old Canadian Cheddar, eggs and crusty sourdough are the perfect backdrop to mushrooms, spinach and crumbled sausage. It's gourmet breakfast, all in one dish.

Serves six to eight. THE CANADIAN PRESS HANDOUT

Ingredients

- 1 tsp (5 ml) butter
- 12 oz (400 g) Italian sausages (about 3), casing removed and roughly chopped
- 1 lb (500 g) mixed wild mushrooms, stems removed and sliced
- 8 green onions, white part only, thinly sliced (1/4 cup/60 ml)
- 3 cups (750 ml) lightly packed fresh baby spinach
- 4 large slices (1/2-inch/1 cm thick) day-old sourdough bread
- 6 eggs
- 3 cups (750 ml) milk
- 1/2 tsp (2 ml) salt and pepper
- 1 tbsp (15 ml) Worcestershire sauce
- Dash hot pepper sauce
- 2 cups (500 ml) shredded old Canadian cheddar cheese

1. Butter a 13 x 9-inch (3 L) glass baking dish and set aside.

2. In skillet, melt butter over medium heat. Add sausage and fry, breaking up bits with a wooden spoon for about 5 minutes or until lightly browned and beginning to cook through. Spoon off any excess fat. Add mushrooms and cook, stirring occasionally, 10 minutes or until soft and beginning to brown and sausage is no longer pink. Add onions and spinach and stir until everything is mixed and glossy. Remove pan from heat and let cool slightly.

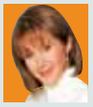
3. Layer bread slices over bottom of dish. Spoon sausage mixture over bread. In a blender, combine eggs, milk, salt, pepper, Worcestershire, and hot pepper sauce and blend until smooth. Pour mixture evenly over sausage mixture. Top with Canadian cheddar cheese. Cover dish with plastic wrap and refrigerate for 8 to 12 hours.

4. When ready to serve, preheat oven to 350 F (180 C). Uncover dish and bake strata for 50 to 60 minutes, or until puffed and top is crispy and golden. Let stand for 10 minutes before serving.

DAIRYGOODNESS.CA

Healthy eating

Choose it and lose it



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Soul-warming soup is just the thing for the winter blues. Tim Hortons has a delicious variety, but some of the options come packed with calories, fat and sodium.

Tim Hortons Chili

290 calories/ 16 g fat/ 1,310 mg sodium
Chili can vary greatly in nutrients. The fat comes from fattier beef and oil. The salt is close to your day's intake and comes from canned beans and canned tomatoes.

Equivalent

One Tim Hortons Chili is equal in sodium to almost 33 cups of Kernel's original Butter Salt Popcorn.

Tim Hortons Cream of Mushroom

150 calories/ 3 g fat/ 740 mg sodium
It's shocking that a creamy soup would have so little calories and fat. This tells you that fortunately more mushrooms are used.

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Dragon puts his two cents on paper

The O'Leary exchange of advice. Canadian business dynamo Kevin O'Leary pens candid book on managing pennies for all ages

As a lead dragon of CBC's Dragon's Den and ABC's Shark Tank, Kevin O'Leary's success with money management and in business is legendary. But he's made mistakes along the way too.

In his new book, The Cold Hard Truth About Men, Women and Money, the dragon dishes to all generations about his errors and triumphs and mentors his readers on making money and growing it faster to achieve financial freedom.

Here are two excerpts from the recently released book, both aimed at helping young adults get on their way to a monetary win:

On education and part-time work:

"Your education can be the best investment you'll ever make, or the worst one. It's an expensive and time-consuming undertaking. And make no mistake — it is an investment. It's not a break between childhood and adulthood, or an opportunity to take it easy before real life kicks in. Every dollar you spend on post-secondary education has to be viewed in terms of its financial return. Getting smart costs money, so don't be a dummy.

About the author

Kevin O'Leary is one of North America's most successful business entrepreneurs

- Kevin founded and built Softkey (later The Learning Company), the global leader in educational kids' software, and negotiated its sale to Mattel for $4.2 billion in 1999.
- Since then, he has successfully co-founded, funded, and sold numerous companies in a range of industries, including storage, entertainment and finance.

Today, Kevin O'Leary is the chairman of O'Leary Funds, a $1.7 billion mutual fund company. AARON HARRIS/TORSTAR NEWS SERVICE

"I'm going to sound like an old guy here, but when I was in school, kids worked. They didn't spend four to six hours a night on Facebook or playing video games. They worked in bars and restaurants near the campus and they lived with a pile of roommates, some sleeping on a cot in the hallway.

"That's just how it was. That's how you saved a buck. I monetized my shuffleboard hobby and made a killing playing three nights a week against other players in local pubs. Even if you have to lighten your study load and graduate in five rather than four years, it's better to do that than accumulate a massive debt."

On business, savings and debt:

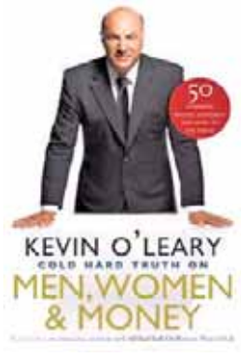
"I once met a man from Winnipeg. After a few minutes of chatting, I learned that this old, unkempt man owned huge swaths of real estate! This is a man who arrived in Canada with a fistful of papers, a few coins, and who today is a multimillionaire. It blew my mind and I had to get his story.

"The first building he bought was a walk-up. He had saved money and was able to make a 10 per cent down payment. Then he struck a bargain with the bank. In exchange for buying and fixing up this decrepit building, he wanted to pay down as much principal as possible every quarter. The bank, thinking he would never be able to tackle that much, agreed. For the next five years, this man went to war against his mortgage.

"'We ate beans,' he said. 'Lots of them. No meat. Beans. For years.' He burst out laughing.

"But what was his true secret? Market timing? Good money management? Sure. But I think his real secret was: Beans now, steak later. If you have a mortgage, you have debt, and when you have debt, you don't get to have steak. The steak — the reward — comes later. That's the kind of man I admire."

METRO



Take this advice to the bank

"Every dollar you spend on post-secondary education has to be viewed in terms of its financial return. Getting smart costs money, so don't be a dummy."

Kevin O'Leary
Cold Hard Truth About Men, Women and Money

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The In-Credibility Factor

Name: Sandra Milligan
City: Toronto
Age: 37
Occupation: Founder of Boxx Cosmetics

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

A car crash at the age of 19 ended Sandra Milligan's equestrian pursuits and her dream of becoming a veterinarian. Turning to a career in the beauty industry, Sandra opened up a successful salon and recently launched a new makeup line called Boxx Cosmetics. Noticing there was a gap in the marketplace, Sandra created a cosmetic line of multi-use products that are infused with skin care ingredients. After eight years of research and development, this beauty entrepreneur is watching her new company grow.

I knew I was on my way when ... I saw my products on the first shelves and in online retail stores. My vision was so clear and it translated how I always envisioned it would. I've learned beauty is a personal thing and everyone sees themselves differently. I like that I can help women see what they find beautiful about themselves and then enhance their ability to do it for themselves on a daily basis.

Action Plan

Believe in yourself and create a clear plan on how to execute your strategy

There will always be unexpected hurdles but that's exactly what they are. Go over one at a time and you will learn immensely from the right or wrong decisions.

Trust your gut reaction if you need to make a quick decision

People love to give opinions and speak about their own experiences. Only you will know what is right for you and your growing company. No one knows it like you do.

Never give up

The road gets far worse than you ever imagined before it gets better — but it will!

Sandra Milligan founded Boxx Cosmetics after a car crash ended her equestrian dreams. PROVIDED

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a place of mind
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If the length of your child's return stay is indefinite, make sure to reconvene every month or so to discuss his or her plan of action. ISTOCK

What to do when the kid comes back

Mommy, I'm home!

Those dreams of hitting it big in the job world have yet to work out, so Junior's returning to the roost

Boomerang boom?

- According to the 2011 Statistics Canada census, 42.3 per cent of young adults aged 20 to 29 were living with their parents.

Doesn't it figure? Just when you thought it was safe to sneak off into retirement, your 20-something-year-old baby has returned home to reclaim his teenage bedroom in the basement.

"It's OK, it'll only be for a few months," your child tells you as he or she brushes by with a few boxes and mismatched furniture in tow.

Of course you're happy to have him or her home, but you may have underestimated the impact a child's return can have on the family and your finances, especially if he or she's between jobs.

There's no question that the cost of running your household will go up and a certain amount of your freedom will be lost. To avoid any misunderstandings or unpleasant surprises, it's important to first clarify the rules of the house.

Discuss the use of common areas and shared resources like TV and laundry, as well as meal times. You also need to broach the delicate issue of guests who might drop in.

Some families even go so far as to sign a contract. Whatever form your agreement takes, it's important to define the following conditions with your child:

Length of stay

In most cases, children move back home due to unforeseen events. Your child will tell you it's only temporary, so agree to review the situation at regular intervals.

Rent

You could ask your child to pay for room and board (i.e. their share of the rent, groceries, hydro, internet, etc.). Or it could be a nominal amount based on what he or she can afford. Or you could give your kid the option to pay his or her way by helping out around the house. All this allows boomeranging children to maintain a certain level of responsibility and pride.

Savings

If it turns out that you don't really need the added income, consider investing it for your child to help him or her get back on his or her feet. During this period of transition, make sure you stay on top of any changes in your finances. If things look like they're shifting too much, don't hesitate to talk to your financial advisor. NEWS CANADA

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4 SPORTS

Twitter reaction

"So excited to get back to Edmonton. See you soon Oiler fans!!!!"

Edmonton Oilers left-winger Taylor Hall

"To the fans that won't come back, I can understand. To the ones that will, thank you for your patience."

Phoenix Coyotes forward Paul Bissonnette

"Woke up to some great news...Big thank you to all who put in countless hours to get this thing done @NHLPA." New York Islanders forward Matt Moulson

"Bettman was the guy that had to pull the trigger whether this was done or not. He saved the season."

CBC's Don Cherry, giving credit to Gary Bettman for ending the lockout

"First order of business: raise banner."

A tweet from the Stanley Cup champion Los Angeles Kings

NHL season saved from the abyss

Deal made. Lockout ends with tentative deal between league, NHLPA

Young hockey players skate across the Bell Centre ice in Montreal on Sunday. The Canadiens will return to their arena in the weeks ahead after a deal was reached to end the NHL lockout early Sunday morning. GRAHAM HUGHES/THE CANADIAN PRESS

An agonizingly long series of negotiations needed one final push. Spurred on by a tireless mediator, the NHL and the NHL Players' Association worked through the night to finally set aside their differences and return hockey to the place it belongs.

On the ice.

It almost seemed too good to be true when word started to leak out early Sunday morning that a marathon 16-hour negotiating session had produced a tentative deal to end the 113-day lockout. But then Gary Bettman and Donald Fehr appeared together to share the news.

"Hopefully, within a very few days the fans can get back to watching people who are skating — not the two of us," said Fehr, the NHLPA's executive director, looking as exhausted as everyone else in the bargaining room.

There is still plenty to do in a short period of time. In fact, the sides continued hammering out the final details of the players' new defined-benefit pension plan even after the tentative deal was reached around 4:45 a.m. in a second-floor conference room at a Manhattan hotel.

Next on the agenda will be committing every legal point to paper in an agreeable manner and conducting ratification votes. Both sides are in need of majority support among their memberships, and the still-to-be-determined timing of that process will determine if the shortened schedule ends up being 48 games or 50 games.

"We have reached an agreement on the framework of a new collective-bargaining agreement, the details of which need to be put to paper," said commissioner Bettman. "We've got to dot a lot of i's and cross a lot of t's. There's still a lot of work to be done but the basic framework of the deal has been agreed upon."

At least some of the credit for that goes to Scot L. Beckenbaugh, a U.S. federal mediator who remained undeterred even though his previous experience with the two sides came during the previous lockout, just days before the 2004-05 season was cancelled.

It was Beckenbaugh who helped keep talks on track over the last week and set the table for the final breakthrough. According to sources, it was during a lengthy round of shuttle mediation on Friday where he was able to start pushing the sides toward the framework that ultimately shaped the deal.

THE CANADIAN PRESS

Highlights of NHL's new deal

- The CBA will run for 10 years through Sept. 15, 2022, with a mutual option to terminate after eight years.
- Players receive a defined-benefit pension plan.
- Owners and players split revenue 50-50 each season, with players receiving $300 million US in deferred "make-whole payments" to ease the transition from the previous system.
- A pro-rated salary cap of $70.2 million for the shortened 2012-13 season followed by a salary cap of $64.3 million in 2013-14. The salary floor will be set at $44 million for both years.
- Seven-year limit on free-agent contracts (eight-year limit when a team signs its own player to an extension).

Canucks prepare for short season

Canucks GM Mike Gillis

GETTY IMAGES FILE

There was ardent hockey talk in Vancouver Sunday. Not just in Vancouver, actually, but across North America.

Folks on the West Coast woke up Sunday morning to the breaking news that the National Hockey League and NHL Players' Association agreed on the framework of a new collective bargaining agreement that would end the lockout after 113 days and salvage a shortened season.

Vancouver Canucks general manager Mike Gillis' flight from Hawaii had just landed in the morning when he got the news via both email and Twitter.

The focus last week with Canucks players skating informally at UBC was on the next step in negotiations.

On Sunday, the talk shifted to hockey, and the on-ice storylines that will surround the Canucks in the coming weeks.

For starters, the Canucks, with their reputation for slow starts the past few years, can ill afford to meander off the blocks, or struggle at any point if the league does go ahead with a 48-game schedule.

"We were planning on introducing a number of young players. Now I'm not sure how that's going to work out with a shortened schedule," Gillis told reporters during a conference call Sunday.

"Obviously with a 48-game schedule you don't have any room for experimentation or introduction unless a player is ready to play and ready to contribute. That's going to change the dynamic not only for us but for every team in our league.

"We're going to have to go with our best players every night no matter what to make sure we get into the playoffs."

A group of about eight players stayed behind in Vancouver, skating with the UBC men's hockey team throughout the lockout, opting not to play in Europe.

Four Canucks — Mason Raymond, Cory Schneider, Jannik Hansen and Dale Weise — departed overseas to play professionally during the work stoppage.

Because the tentative deal still has to be ratified, Gillis was unable to give specifics as to when training camp would begin, or what local venue it would be held at.

"I don't think it will take us long to get up and running," said Gillis. "We just have to get the players back, this agreement has to be ratified before anything will begin."

CAM TUCKER/METRO

Seattle Seahawks running back Marshawn Lynch is tackled by Washington Redskins London Fletcher, bottom, and Ryan Kerrigan during their wild-card game in Landover, Md., on Sunday. Lynch scored the go-ahead touchdown in a 24-14 Seattle victory. MATT SLOCUM/THE ASSOCIATED PRESS

Seahawks soar past wounded RG3, Redskins

NFL. Seattle overcomes early deficit, earns game against Falcons

Russell Wilson raced ahead to throw the final block on Marshawn Lynch's fourth-quarter, go-ahead touchdown run, doing just enough to get in the way of the Washington Redskins safety near the goal line.

Less than a minute later, Robert Griffin III's knee buckled as he tried to field a bad shotgun snap, the pain so bad that he didn't even try to recover the ball.

The last rookie quarterback standing in the NFL playoffs is Wilson — the third-round pick who teamed with Lynch on Sunday to lead the Seattle Seahawks to a 24-14 victory over Griffin and the Redskins.

"Marshawn always tells me, 'Russ, I got your back, no matter what,'" Wilson said. "So I just try to help him out every once in a while."

And the latest debate over the wisdom of keeping an injured franchise player on the field — when he's obviously nowhere near his best — starts with coach Mike Shanahan, who let Griffin keep going until the QB could absolutely go no more.

"I think I did put myself at more risk," Griffin said. "But every time you get on the field, you're putting yourself on the line."

Lynch ran for 132 yards, and Wilson completed 15 of 26 passes for 187 yards and ran eight times for 67 yards as the Seahawks overcame a 14-0 first-quarter hole — their biggest deficit of the season — and will visit the top-seeded Atlanta Falcons next Sunday.

Meanwhile, Griffin was headed for an MRI exam to determine the extent of the damage on his re-injured right knee. He was already playing with a big black brace, having sprained the lateral collateral ligament about a month ago against the Baltimore Ravens.

THE ASSOCIATED PRESS

Quoted

"He said, 'Hey, trust me. I want to be in there, and I deserve to be in there.' I couldn't disagree with him."

Redskins head coach Mike Shanahan on his decision to play Robert Griffin III.

NFL

Lewis' last ride is taking him through Denver

Anquan Boldin, Joe Flacco and a staunch Baltimore defence made sure on Sunday that Ray Lewis' last ride will take him to Denver.

Boldin set a franchise record with 145 yards receiving, including the clinching touchdown in the Ravens' 24-9 victory over Andrew Luck and Indianapolis in an AFC wild-card game in Baltimore. The win delays star linebacker Lewis' retirement for at least another week as Baltimore (11-6) heads to Denver next Saturday.

The Broncos beat the Ravens 34-17 three weeks ago.

Lewis, who made 13 tackles, even lined up at fullback for the final kneeldown in his last home game of a 17-year career. He then went into a short version of his trademark dance before being mobbed by teammates. He followed with a victory lap after playing for the first time since tearing his right triceps on Oct. 14 against Dallas.

THE ASSOCIATED PRESS

NBA

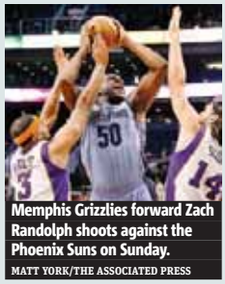
Randolph, Grizzlies scorch the Suns

When Zach Randolph found his shooting stroke Sunday night, the Memphis Grizzlies took off.

Randolph scored 21 points and Rudy Gay added 20 to lead the Memphis Grizzlies to a 92-81 victory over the Phoenix Suns.

Randolph had been dominant in the team's first two meetings, averaging 16 rebounds and 28 points on 66.7 per cent shooting. Though his numbers were slightly lower this time around — he had only eight rebounds, none on the offensive end — they were more than enough.

Randolph upped his shooting percentage against Phoenix, connecting on nine of 11 shots from the field and was 3-for-5 on free throws. He also had a steal in 36 minutes. THE ASSOCIATED PRESS



Memphis Grizzlies forward Zach Randolph shoots against the Phoenix Suns on Sunday.

MATT YORK/THE ASSOCIATED PRESS

World Juniors. Team Canada finds some solace in news of NHL's return

The news for Team Canada went from bad to worse to hmm.

The World Juniors team had been awake for nearly 30 hours — including for their bronze-medal loss to Russia and flights to Helsinki and London — when they landed at Heathrow to find out their flight to Canada had been delayed a further 12 hours.

But in the time between landing in London and getting squirrelled away for a day in an airport hotel, they received word that the NHL lockout would be ending.

Clearly exhausted after their flights, and frustrated at the delays that would see them getting back home in the wee hours of Monday morning, some perked up at the news they would be soon in long-awaited NHL camps.

"Can't wait," said goalie Malcolm Subban. "I'm tired, but I want to go to camp."

Some gathered around computers that needed one-pound coins to be operated to learn about the contents of the CBA they'd be playing under.

"I guess that's not bad," said defenceman and Leafs prospect Morgan Rielly, referring to the cap at seven years for free agents.

Hockey Canada asked that the players not be interviewed.

Ryan Nugent-Hopkins reacts to his team's loss to Russia in the bronze-medal game on Saturday.

THE CANADIAN PRESS

The team has a number of players who would likely go to NHL camps once they receive official word.

Rielly will head to Leafs camp, while Ryan Nugent-Hopkins will of course return to the Edmonton Oilers.

Among the others: Subban and Dougie Hamilton to the Bruins; Mark Sheifele to the Winnipeg Jets; Jonathan Huberdeau to the Florida Panthers; Ryan Murphy to the Carolina Hurricanes; Scott Harrington to the Pittsburgh Penguins; and Griffin Reinhart and Ryan Strome to the New York Islanders.

TORSTAR NEWS SERVICE

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Miami	23	9	.719	—
d-New York	23	10	.697	½
Atlanta	20	12	.625	3
d-Indiana	20	14	.588	4
Chicago	18	13	.581	4½
Brooklyn	19	15	.559	5
Milwaukee	16	16	.500	7
Boston	16	17	.485	7½
Philadelphia	15	20	.429	9½
Orlando	12	21	.364	11½
Detroit	13	23	.361	12
Toronto	12	22	.353	12
Charlotte	9	24	.273	14½
Cleveland	8	27	.229	16½
Washington	4	28	.125	19

WESTERN CONFERENCE

	W	L	Pct	GB
d-Oklahoma City	26	7	.788	—
d-L.A. Clippers	27	8	.771	—
d-San Antonio	27	9	.750	½
Memphis	21	10	.677	4
Golden State	22	11	.667	4
Houston	20	14	.588	6½
Denver	20	16	.556	7½
Portland	18	15	.545	8
Minnesota	15	15	.500	9½
Utah	17	18	.486	10
L.A. Lakers	15	18	.455	11
Dallas	13	21	.382	13½
Sacramento	13	21	.382	13½
Phoenix	12	23	.343	15
New Orleans	8	25	.242	18

Sunday's results
Oklahoma City 104 Toronto 92
Charlotte 108 Detroit 101 (OT)
Denver 112 L.A. Lakers 105
Memphis 92 Phoenix 81
Miami 99 Washington 71
Saturday's results
Boston 89 Atlanta 81
Brooklyn 113 Sacramento 93
Denver 110 Utah 91
Houston 112 Cleveland 104
Indiana 95 Milwaukee 80
L.A. Clippers 115 Golden State 89
New Orleans 99 Dallas 96 (OT)
New York 114 Orlando 106
Portland 102 Minnesota 97
San Antonio 109 Philadelphia 86
Monday's games — All Times Eastern
Oklahoma City at Washington, 7 p.m.
Boston at New York, 7:30 p.m.
Cleveland at Chicago, 8 p.m.
San Antonio at New Orleans, 8 p.m.
Dallas at Utah, 9 p.m.
Orlando at Portland, 10 p.m.
Memphis at Sacramento, 10 p.m.

THUNDER 104, RAPTORS 92

OKLAHOMA CITY (104)
Durant 6-11 8-9 22, Ibaka 8-12 3-4 19, Perkins 2-4 0-0 4, Westbrook 8-17 6-6 23, Sefolosha 1-5 0-0 3, Martin 5-12 5-5 16, Collison 5-7 0-0 10, Thabeet 0-0 0-0 0, Jackson 3-7 0-0 7, Liggins 0-1 0-0 0, Maynor 0-1 0-0 0. Totals 38-77 22-24 104.
TORONTO (92)
Pietrus 1-4 0-0 3, Davis 2-7 0-0 4, Johnson 8-11 3-4 19, Calderon 4-8 1-1 10, DeRozan 4-16 3-4 11, Anderson 10-14 3-3 27, Fields 1-3 0-0 2, Ross 0-2 0-2 0, Lowry 3-8 2-3 10, Acy 1-1 4-4 6, Lucas 0-2 0-0 0. Totals 34-76 16-21 92.

Oklahoma City	**23**	**29**	**26**	**26—104**
Toronto	**18**	**32**	**17**	**25— 92**

3-Point Goals—Oklahoma City 6-22 (Durant 2-5, Jackson 1-3, Westbrook 1-3, Sefolosha 1-5, Martin 1-6), Toronto 8-23 (Anderson 4-8, Lowry 2-4, Pietrus 1-4, Calderon 1-4, Ross 0-1, DeRozan 0-1, Lucas 0-1). Fouled Out—None. Rebounds—Oklahoma City 46 (Ibaka, Collison 8), Toronto 42 (Johnson 9). Assists—Oklahoma City 24 (Durant, Westbrook 7), Toronto 28 (Calderon 11). Total Fouls—Oklahoma City 20, Toronto 18. Technicals—Durant, Toronto Coach Casey, Lowry. A—17,634 (19,800) at Toronto.

SOCCER

ENGLAND
FA CUP
Third Round
Sunday's results
Swansea City 2 Arsenal 2
Mansfield Town 1 Liverpool 2

ITALY
SERIE A
Sunday's results
AC Milan 2 Siena 1
Chievo 1 Atalanta 0
Fiorentina 0 Pescara 2
Genoa 2 Bologna 0
Juventus 1 Sampdoria 2
Napoli 4 Roma 1
Parma 2 Palermo 1
Udinese 3 Inter Milan 0

SPAIN
PRIMERA
Sunday's results
Barcelona 4 Espanyol 0
Celta Vigo 3 Valladolid 1
Mallorca 1 Atletico Madrid 1
Real Madrid 4 Real Sociedad 3

NFL

WILD-CARD PLAYOFFS
Sunday's results
AFC — Baltimore 24 Indianapolis 9
NFC — Seattle 24 Washington 14
Saturday's results
AFC — Houston 19 Cincinnati 13
NFC — Green Bay 24 Minnesota 10

DIVISIONAL PLAYOFFS
Saturday, Jan. 12 — All Times Eastern
AFC — Baltimoreat Denver, 4:30 p.m.
NFC — Green Bay at San Francisco, 8 p.m.
Sunday, Jan. 13
NFC — Seattle at Atlanta, 1 p.m.
AFC — Houston at New England, 4:30 p.m.

CONFERENCE CHAMPIONSHIPS
Sunday, Jan. 20
AFC and NFC, TBA

SUPER BOWL
Sunday, Feb. 3 — At New Orleans, La.
AFC vs. NFC champions, 6 p.m.

HOCKEY

IIHF WORLD JUNIOR CHAMPIONSHIP
At Ufa, Russia
Saturday's results
GOLD MEDAL
U.S. 3 Sweden 1
BRONZE MEDAL
Russia 6 **Canada 5** (OT)
Friday's result
FIFTH PLACE
Czech Republic 4 Switzerland 3

RECENT MEDALLISTS
The top three finishers in world junior hockey championships (in order of gold, silver and bronze):
2013 — U.S., Sweden, Russia
2012 — Sweden, Russia, **Canada**
2011 — Russia, Canada, U.S.
2010 — U.S., **Canada**, Sweden
2009 — **Canada**, Sweden, Russia
2008 — **Canada**, Sweden, Russia

FINAL SCORING LEADERS

	G	A	P
Nugent-Hopkins, Cda	**4**	**11**	**15**
Armia, Fin	6	6	12
Ma.Granlund, Fin	5	7	12
Teravainen, Fin	5	6	11
Gaudreau, U.S.	7	2	9
Dano, Svk	4	5	9
Trouba, U.S.	4	5	9
Huberdeau, Cda	**3**	**6**	**9**

Horoscopes

♈ Aries
March 21 - April 20
Something will happen today that makes you very angry – and you have every right to be annoyed. It's good to let off steam once in a while, and the planets warn that this particular explosion is long overdue.

♉ Taurus
April 21 - May 21
Success can be yours, but you must be positive. This is one of the best times of the year for getting yourself noticed, but it is more likely to happen if you put yourself in situations where you can be seen.

♊ Gemini
May 22 - June 21
Your confidence is sky-high at the moment and long may it stay that way. However, today's Mars-Saturn link warns that excessive self-belief could have negative consequences. Try not to be too outrageous.

♋ Cancer
June 22 - July 23
The current cosmic set-up makes it difficult to do anything out of the ordinary because you are afraid to draw attention to yourself. It is, however, a good time for planning. You've a whole year ahead of you.

♌ Leo
July 24 - Aug. 23
The planets warn that a rival is looking for ways to bring you down and profit at your expense, so be careful. Just because you play by the rules does not mean you can take it for granted they do too.

♍ Virgo
Aug. 24 - Sept. 23
You may have serious doubts about a project of some kind but you must not let them show because others are counting on you to lead the way. Is that a recipe for disaster? Maybe, but what choice do you have?

♎ Libra
Sept. 24 - Oct. 23
Opportunity is knocking loud and clear and you must allow yourself to hear it. This is one of the best times of the year for furthering your ambitions, so get up, get out there and get great things done.

♏ Scorpio
Oct. 24 - Nov. 22
Put your own needs first today and don't be afraid to do something that will give your rivals the ammunition they need to tell the world that you are selfish. Since when have you cared what other people think about you?

♐ Sagittarius
Nov. 23 - Dec. 21
What you need to understand today is that, while words are important, it is how you deliver them that matters. Just because you have something nasty to say does not mean you have to say it in a nasty voice.

♑ Capricorn
Dec. 22 - Jan. 20
Whatever your current worries may be they are of only minor importance. In fact, what happens over the next few days will make you realize that compared to most people you are actually very well off.

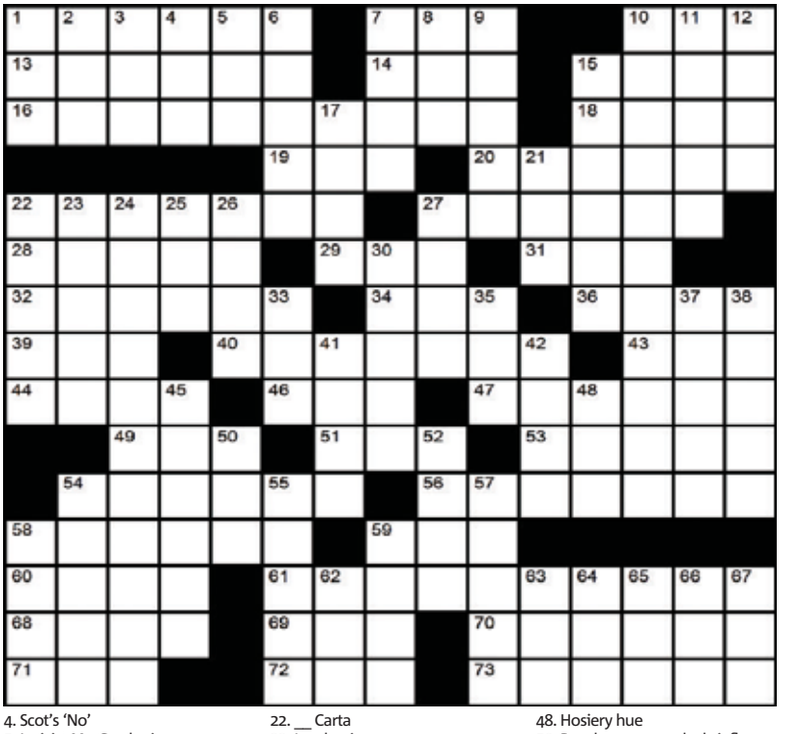
♒ Aquarius
Jan. 21 - Feb. 19
If you think lucky and act lucky the chances are that you will be lucky in some way over the next 24 hours. It's not the world "out there" that matters but the world that exists inside your head.

♓ Pisces
Feb. 20 - March 20
The planets urge you to put your ego to one side today and make your peace with a certain individual. The fact is you need them more than they need you, so it's good politics to kiss and make up.

SALLY BROMPTON

Crossword: Canada Across & Down

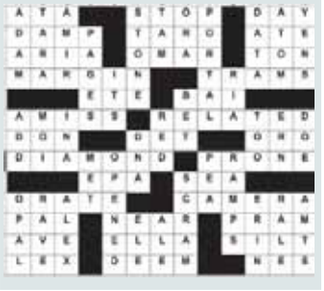
BY KELLY ANN BUCHANAN



Across
1. Vegas show, __: Still the One
7. Smartphone add-on
10. Ms. Messing, briefly
13. Duck: French
14. Kanga's sidekick
15. "__-__-voom!"
16. Governor General of Canada's official residence: 2 wds.
18. Facial scrub, St. __
19. Place
20. Brit singer Adele's surname
22. The Scottish Play
27. Stonehenge ritualists
28. Hurt
29. "__ you sure?"
31. Clip-__ (Earrings)
32. Potatoes au __
34. Simon & Garfunkel's "I __ _ Rock"
36. Dentyne, and others
39. Mr. Beatty
40. Northern Ontario hometown of the country star at #1-Across
43. Ms. Saldana of "Avatar" (2009)
44. Inquires
46. "Sk8er __" by Avril Lavigne
47. "The __ of Things"
49. Drake's music
51. Botanist Mr. Gray
53. Leslie Nielsen's '__ Gun' comedies
54. Mr. Pattinson
56. The Hunger Games heroine
58. Mr. Brosnan
59. Ashlee to Jessica, for short
60. The __ (U2 guitarist)
61. Calgary-born actor Cory Monteith's role on "Glee": 2 wds.
68. Casual tops
69. Tokyo, once
70. Charlie Sheen's brother
71. Flub up
72. Uncooked
73. Accept the ring: 2 wds.

Down
1. Comp. part
2. Song from the musical South Pacific: "Bali __"
3. Furthermore
4. Scot's 'No'
5. Lyricist Mr. Gershwin
6. Pursuit of Happiness hit: "I'm an __ Now"
7. "Quicker than _ __ of light..." - Madonna
8. Parliament Hill fig.
9. __ bear
10. Host of #47-Across: 2 wds.
11. Levels
12. Paul McCartney's instrument
15. L'Anse aux Meadows inhabitant
17. "That's funny.": 2 wds.
21. Couplet
22. __ Carta
23. Land units
24. Nickelback frontman: 2 wds.
25. Casino wager
26. Modify
27. Ms. Lovato
30. Harold of "Ghostbusters" (1984)
33. Calligrapher's prop
35. Actress, __-Margret
37. Social customs
38. "Sowing the __ of Love" by Tears For Fears
41. Castle defense
42. Filmmaker, Gus Van __
45. Buffalo players
48. Hosiery hue
50. Bench press muscle, briefly
52. Similar
54. "Easy __" (1969)
55. Send to a specialist
57. Fireplace leftovers
58. Original Beatles drummer Mr. Best
59. Winter fluff
62. __ Red apple
63. Ms. Thurman
64. Don't hire a pro, e.g.
65. Guileful
66. Goose: French
67. 7, 16 and 38, e.g.

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

	4		5		1	6	8	
					3			4
3						1		2
	9		4			7	3	
				5				
	6	7			8		1	
8		3						9
2			9					
	5	6	8		2		4	

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Color: Silver Mist

MSRP $429

** Only 11 Available **

CLEARANCE **$199**

FRIGIDAIRE

20.6 Cu. Ft. Top Freezer Refrigerator

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Color: Stainless Steel

MSRP $949

CLEARANCE **$529**

** Only 6 Available **

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Color: White

MSRP $599

CLEARANCE **$399**

** Only 6 Available **

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STAINLESS STEEL **$399**

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Tall Tub Dishwasher w/ Hidden Controls & Stainless Steel Interior

Model: DMT610RH

STAINLESS STEEL **$699**

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PRICE INCLUDES DELIVERY & INSTALL (HAUL AWAY ADDITIONAL $19.99)

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Model: GLDT696DSS
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Color: Stainless Steel

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Color: White

MSRP $1699

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** 6 Pairs Left Over From Boxing Day **

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Models: WF350P / DV350P
Color: Stainless Platinum

MSRP $1899

OPEN BOX, FLOOR MODEL **$1499**

** Only 2 Pairs Available **

Cyclone

550 CFM Power Pack Hood

Models: BX21528
Color: Stainless Steel

MSRP $499

SALE PRICE **$299**

White-Westinghouse

18 Cu. Ft. Top Mount Refrigerator

Model: WRT8G3EW Color: White

30" Easy Clean Electric Range

Model: CWEF310GS Color: White

PAIR SALE PRICE **$699**

Danby

11 Cu. Ft. Mid Size Apartment Refrigerator

Models: DPF1144W Color: White

FRIGIDAIRE

24" Electric Coil Range

Models: CFEF2405LW Color: White

PAIR SALE PRICE **$799**

Only 6 Pairs Available

Cyclone

30" 680 CFM Under Cabinet Range Hood

Models: NA930RSS

STAINLESS STEEL **$249**

Subtract $50 for White or Black

DeLonghi

24" Gas Cooktop

Model: CCTG24
Color: Stainless Steel

MSRP $899

SALE PRICE **$799**

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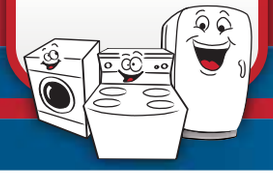

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